

1. My main research question is whether sleep deprivation affects aggression.
2. My study is experimental.
3. I chose an experimental method because experimental methods can prove causality. I would like to test whether sleep deprivation causes aggression, not just whether or not the two variables are related. Sleep deprivation is also a variable that can be easily manipulated.
4. My hypothesis is that sleep deprivation will cause aggression. I predict that people who are sleep deprived will be more aggressive compared to people who are not sleep deprived.
5. My two variables are amount of sleep and aggression. Amount of sleep is a ratio variable. I will manipulate amount of sleep by randomly assigning participants to one of two conditions: sleep deprivation or control. In the sleep deprivation condition, participants will be told to sleep only 2 hours the night before coming to the experiment. In the control condition, participants will be told to sleep 9 hours the night before coming to the experiment. Aggression will also be a ratio variable. I will measure it by the amount of hot sauce the participant makes a confederate (who doesn't like spicy food) drink.
6. I am not proposing a correlational study, so I will not measure and control for any other variables.
7. I am not using a correlational design.

8. The independent variable is amount of sleep. The dependent variable is aggression. I chose to measure these variables because sleep deprivation is a problem among college students. I am interested in measuring what some of the consequences of sleep deprivation might be.
9. The manipulation of sleep might be harmful to participants, although it is no more harmful than they would experience in their everyday lives. There are a variety of negative consequences associated with sleep deprivation that participants in the sleep deprivation condition could experience. The aggression measure will not be harmful to participants because the participants are just doling out the amount of hot sauce. No one will actually be drinking it.
10. The knowledge gained from my study could add to the research on what types of situational factors cause people to be more aggressive. This study would help researchers understand if sleep deprivation is one of these factors. A lot of college students don't get the necessary amount of sleep at night and thus are sleep deprived. It would be interesting to study whether or not this sleep deprivation caused them to be more aggressive. This might suggest that college students are more aggressive than other ages, because they are more sleep deprived than people of other ages.